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Procrastination

As a student, I am always having trouble with my homework, no matter if the homework is difficult or not. After a teacher gives homework in my morning classes, I consider finishing it immediately so that I can be free to do whatever I like in the rest of day. However, my mind changes as soon as I get back to my dormitory. As I sit down in my chair, there seems to be something whispering:”You have enough time to do homework, just go to play now.” At that time, I feel that I can’t help put my bag away, turn on my computer and start to play video games, watch videos, or go out for sports. After doing all these activities, I sit down again and begin to do my homework. Unfortunately, I still can’t concentrate on it. I stop to go out having ice cream with my friend, or I put my homework away because a good television is going on. All in all I am putting off my homework again and again. As a result, I always finish my assignment until 1:00 or 2:00 a.m. and then it is so hard to get up in the next morning. However, I come up with a lot of excuses for my delaying, such as “It is not due tomorrow so I have a lot of time to do it” and “there is a whole night for my homework, and I don’t need to do it now”. For these reason, it is hard for me to overcome my procrastination.

What happens to me is called procrastination. Procrastination has affected me in a negative way since I was a high school student, and for me, it is hard to overcome. When I was studying in my high school in my home country, I lost many points because I often missed deadlines of homework. Although teacher had reminded me several times, I still failed finishing my homework on time. Moreover, procrastination not only adds stress on me, but also on my peers. When it came to group work, each member took one part of the assignment. I always finished my part of work later then my peers. It was a very embarrassing time when other group members are waiting for me because of my procrastination. It also affects my health badly. My immune system becomes weak as a result of sleeping late every day. Besides, I can’t fall asleep earlier than 12 pm because I am used to working in late night and my brain is active at that time. After all, procrastination is troubling me in both study and health. It becomes an annoying and continuing habit for me.

Taking these bad effects of procrastination into consideration, it should be overcome as soon as possible. I come up with three ways to solve it. First of all, I should throw away phrases that I often use to excuse, like “I don’t know where to start” or “I’ll do it later.” Procrastination is a bad habit; there is no excuse for it. If I don’t know how to start a project, I should research on Internet or ask my teacher for advice. Moreover, when I am putting assignment off, I should take up my pen and start right now, just like the slogan of Nike going “Just do it”. What’s more, I should avoid “I am thinking about it” by acting instead of thinking. Every time before I begin writing my project, I consider a lot but at last I still can’t write much. Sometimes I got distracted while I am thinking. Then I spend a whole day thinking and thinking without writing anything. It makes me waste a lot of time and forget many good ideas. This time, I should just write down whatever I think about, because it can help me keep concentration on my writing. As soon as I throw away these excuses, my stress of procrastination is gone.

Another efficient way is to stay in classroom to finish my assignment right after the class. The teacher’s requirement of homework is still fresh at that time so I have a clear understanding of my assignment, and I will not go in a wrong way. Accordingly, the quality of my assignment will be promoted significantly. In addition, being in the classroom also helps me concentrate on my work, because it is quiet here and nothing can distract me. In this way, I can finish my assignment efficiently and save my time. I can enjoy myself by doing whatever I like afterwards. In this way, I don’t need to worry about my homework in the rest of the day. It can help me relies my stress of homework efficiently.

In addition, one way I can try to avoid procrastination is to set two or three special hours for my homework. It can be in the afternoon or in the evening, no matter in my dorm or in the study room. In these two or three hours, I should force myself to put all entertainment sources away and stay focusing on my homework. In other words, I can’t do anything except studying. During the set-time, I can’t text with my friends; I can’t go out for ice-cream or click on website for fun until my homework is finished. By doing so, I can finish my homework efficiently as well. At the same time, I can also improve my self-control, because there are my computer and cell phone all around me which I can easily reach. I should learn how to ignore them when I am doing my work. Whenever I can keep my focus on my assignment for 3 hours, I succeed in avoiding procrastination.

Although procrastination is troublesome and hard to overcome, I think I can make it in many ways, like finishing assignment right after class, making up a set-time to do it, and drop my excuse for procrastination. According to a powerful research, 20% of world population is suffering from procrastination. Are you a procrastinator? If you are, why not take up your work and start it right now. Every time you want to procrastinate, tell yourself: “Just do it!”